

October Activities - Urbana Senior Center

301-600-7020 UrbanaSeniorCenter@FrederickCountyMD.gov www.FrederickCountyMD.gov/aging
9020 Amelung Street, Frederick, MD 21704 (Lower Level of the Urbana Regional Library)

Mondays 9:00-3:00		Tuesdays 9:00-8:00		Wednesdays 9:00-3:00		Thursdays 9:00-3:00	
				For the latest updates on programs “like us on facebook” Urbana Senior Center – Frederick County, MD		1 9:30 Color This 10:45 Exercise: Dance 1:00 Cards and Games 1:30 *Line Dancing	
5 Nutrition Minute “Enjoy Your Meals” 10:00 Stitching Post 10:45 Exercise: Mobility Noon *Basic Tai Chi 1:00 *Advanced Tai Chi 1:00 Rummikub 1:30 Book Club		6 Nutrition Minute “Enjoy Your Meals” 9:00 Trip Registration Begins 10:00 *English Conversation 10:45 Exercise: Strength/Balance 1:00 Stitching Post 1:00 Chinese Mah Jong 3:00 *Watercolor Class 5:00 *Dinner 6:00 Music/Dance/ Karaoke Night		7 Nutrition Minute “Enjoy Your Meals” 10:45 Exercise: Stretching 12:30 *Yoga 1:00 *English Class 1:00 Wii Bowling		8 Nutrition Minute “Enjoy Your Meals” 9:30 Color This 10:45 Exercise: Variety Noon *Breakfast for Lunch with Nurse Steve 1:30 *Line Dancing	
12 10:00 Stitching Post 10:45 Exercise: Mobility Noon *Basic Tai Chi 1:00 *Advanced Tai Chi 1:00 Rummikub		13 10:00 *English Conversation 10:45 Exercise: Strength/Balance 1:00 Stitching Post 1:00 Chinese Mah Jong 3:00 *Watercolor Class 5:00 *Dinner/Games		14 Center is Closed Elder Expo at the Fairgrounds Transportation Available Limited number of seats		15 9:30 Color This 10:45 Exercise: Dance Noon *Oktoberfest Luncheon 1:00 Cards and Games 1:30 *Line Dancing 3:00 Congressman Delaney	
19 Health Education 101 “5 Common Food-Drug Interactions” 10:00 Stitching Post 10:45 Exercise: Mobility Noon *Basic Tai Chi 1:00 *Advanced Tai Chi 1:00 Rummikub		20 Health Education 101 “5 Common Food-Drug Interactions” 10:00 *English Conversation 10:45 Exercise: Strength/Balance 11:30 Good Mental Health 1:00 Stitching Post 1:00 Chinese Mah Jong 3:00 *Watercolor Class 5:00 *Dinner/Games 6:00 * Inside Scoop: Touch of Wellness		21 Health Education 101 “5 Common Food-Drug Interactions” 10:45 Exercise: Stretching 12:30 *Yoga- New Session 1:00 *English Class 1:00 Wii Bowling 1:30 *Artful Creations		22 Health Education 101 “5 Common Food-Drug Interactions” 9:30 Color This 10:45 Exercise: Variety 1:00 Cards and Games 1:30 *Line Dancing	
26 National Nutrition Program Survey Day 10:00 Stitching Post 10:45 Exercise: Mobility Noon *Basic Tai Chi 1:00 *Advanced Tai Chi 1:00 Rummikub		27 10:00 *English Conversation 10:45 Exercise: Strength/Balance 1:00 Stitching Post 1:00 Chinese Mah Jong 3:00 *Watercolor Class 5:00 *Dinner/Games		28 10:45 Exercise: Stretching 12:30 *Yoga 1:00 *English Class 1:00 Wii Bowling		29 Center is Closed The Department of Aging Offices and Senior Centers are closed	
*You must pre-register and pay (if there is a fee) for all programs marked with an asterisk. Programs may be canceled if enrollment is low. Activities are subject to change.				Department of Aging Activities October 2 – Groceries for Seniors October 6 – First Day of Trip Registration			

(see other side for program highlights)